

The mission of
Community Health Services
is to protect and promote
physical, mental, and social wellness
in the community.

Services are provided to people
living in Lancaster County.

Stop by or call for more information.

Lincoln-Lancaster County Health Department

Community Health Services Division

3140 N Street

Lincoln, Nebraska 68510

(402) 441-8065



Healthy **Moms & Babies**

*To help you learn about Pregnancy, Infant Care
and Postpartum, a Public Health Nurse can
visit you in your home, or by phone.*



Pregnancy



We will teach about:

- ~ diet/nutrition
- ~ exercise
- ~ medications
- ~ pregnancy warning signs and when to call the doctor
- ~ signs and symptoms of other illnesses and when to call the doctor
- ~ how the use of tobacco, alcohol, and/or drugs might affect your pregnancy and your baby
- ~ the benefits of breastfeeding for yourself and your baby

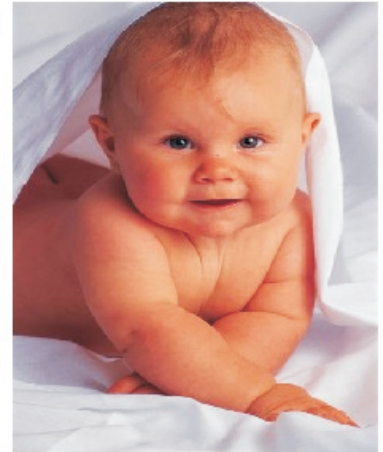
We will also:

- ~ do screenings for blood pressure, blood sugar and low iron and help you understand what the screenings mean
- ~ encourage routine doctor visits and help you understand what the doctor told you
- ~ help you find other community agencies that can provide help to your family
- ~ give emotional support throughout your pregnancy

Infant Care

We will:

- ~ give you encouragement and assistance with breastfeeding
- ~ help you understand your infant's needs and how to care for them
- ~ encourage routine doctor visits
- ~ help you understand signs and symptoms of illnesses and when to call the doctor
- ~ do routine weights and heights
- ~ do routine developmental screening
- ~ help you develop parenting skills
- ~ give emotional support for you and your baby
- ~ teach you about baby shots:
 - what they are
 - when your baby needs them
 - reactions to the shots
 - appropriate medication



Post partum

We will:

- ~ give you encouragement and assistance with breastfeeding
- ~ encourage routine doctor visits
- ~ teach about birth control
- ~ staying healthy beyond pregnancy

